



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoffmann, Robert

Club: TTT

Number: 305

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:40

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 236 (of 446)

Rank in course/Men: 176 (of 278)

Best time in course: 12:07

Rank in category: 20(of 41)

Best time in the category: 13:21

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde Kurzstrecke | 2.00 | 11:56 | 5:58 | 23 | 5:15 | 201 | 5:48 | 2.00 | 11:56 | 5:58 | 3 | 0:25 | 182 | 5:48 |
| Leichtathletikhalle | 2.00 | 10:44 | 5:21 | 18 | 4:04 | 156 | 4:45 | 4.00 | 22:40 | 5:40 | 20 | 9:19 | 176 | 10:33 |